Community Counselling London

COMMUNITY COUNSELLING LONDON
IMPACT REPORT

Small Organization. Lasting Impact.

2025

When people have access to consistent, compassionate mental health support, they gain the confidence, strength, and hope to move forward and build brighter futures. When interns are educated and gain experience alongside them, that impact multiplies — some interns continue their journey with CCL, supporting more clients in our community, while others carry their learning forward to support people in communities beyond CCL. One opportunity for access becomes an opportunity to learn, to grow, and to support many more.

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More Than a Session

In 2025, Community Counselling London (CCL) continued to demonstrate what is possible when access to mental health therapy and the education of future therapists come together.

For many clients, financial barriers can put consistent therapy out of reach.

Every session at CCL represents a person who had an opportunity to connect with compassionate mental health support. Many represent a therapeutic relationship that continued over weeks or months. And when therapy is provided by a graduate-level therapist intern under professional supervision, every session also helps develop a future mental health professional who can go on to support more people within the London community and beyond.

A therapy session at CCL is more than an appointment.

- It creates access that may not otherwise have been possible.
- It creates connection when it may be needed most.
- It creates learning through real-world clinical experience.
- And its impact can continue across our community and beyond for years to come.

In 2025:

175 clients supported

2,397 therapy sessions

78% of therapy sessions were fully subsidized

83% of clients received therapy at no cost

Supporting people today.

Developing therapists for tomorrow.

Expanding the impact of mental health access for years to come.

FROM AN IDEA TO IMPACT
A Founder's Reflection

On September 3, 2019, Patricia and I welcomed CCL's first cohort of therapist interns.

We began with no clients and a belief that we could create something different: a place where people could access affordable therapy, while future therapists received meaningful, professionally supervised clinical education.

Six years later, the numbers tell part of the story. What began with that first cohort has grown into an organization supporting hundreds of people, while educating therapists who carry their learning into professional practice.

What means the most to me is not simply how much CCL has grown, but how the impact continues. Clients receive support. Interns develop into therapists. Many interns return to CCL as Associate Therapists and continue supporting more clients in our community.

Impact can begin with one person receiving the support they need today. But its potential reaches much further. From that connection, a future therapist learns and grows, carrying that experience forward to support more people, strengthen communities and make a difference for years to come. That is how one moment of access can become a lasting ripple of impact.

-Alida

CCL BEGINS
2019

2025

"I have had the privilege of witnessing transformations. I have been here for 6 months, and I have watched lives change. I have been so impacted by this experience that I have signed up for a second internship in January. You need to know that what Alida and the CCL team of people have created here is remarkable. I know of nothing like it."
—Intern

IMPACT 01 — ACCESS

Mental Health Begins with Access

For someone who cannot afford private therapy, cost can determine whether mental health support is available at all. CCL's subsidized therapy model exists to help remove that barrier.

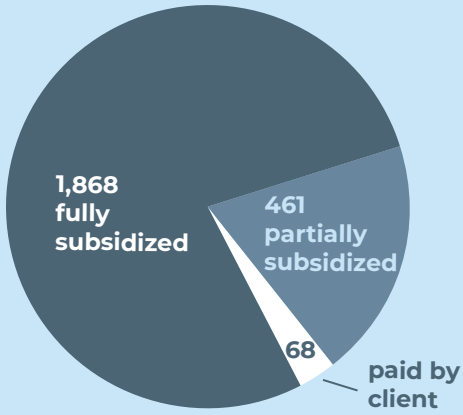
97% of all therapy sessions were fully or partially subsidized in 2025.

What Access Looked Like in 2025

78% of CCL's therapy sessions were provided at no cost - removing cost as a barrier to care.

Hundreds more therapy sessions were partially subsidized based on each client's ability to pay.

83% of CCL clients received therapy at no charge.



2,397 THERAPY SESSIONS

The result is a model designed around a simple principle:

Financial circumstances should never determine whether someone has access to mental health therapy.

But access at CCL means more than making a first appointment possible.

It means creating the opportunity for people to **stay connected to therapy over time.**

Access Across Generations

Mental health and well-being needs do not belong to any one stage of life. In 2025, CCL provided accessible support across generations - from young people navigating formative years and life transitions, to older adults and seniors seeking connection and support as their needs evolve.

One particularly important part of CCL's 2025 impact was its work with younger clients.

701

THERAPY SESSIONS WERE FOR YOUNG PEOPLE AGED 12-29

63%

OF THOSE SESSIONS SUPPORTED YOUNG PEOPLE AGED 12-25

29%

OF CCL'S 2025 THERAPY SESSIONS SUPPORTED CLIENTS AGED 12-29

CCL's Integrated Wellness program

Older adults had another pathway to connection and support. Made possible through a generous grant from Westminster College Foundation, these sessions, designed for adults aged 55+, use gentle exercises to strengthen body-mind-spirit awareness, while supporting relaxation, mobility and overall well-being.

10

INTEGRATED WELLNESS SESSIONS

17

ADULTS 55+ SUPPORTED

IMPACT 02 — CONTINUITY

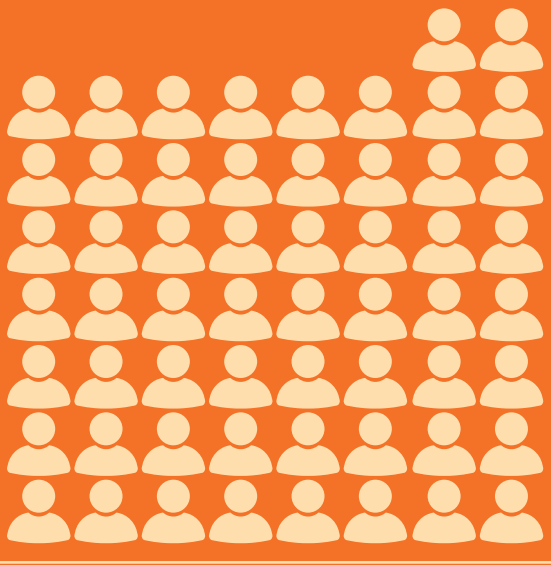
Meaningful Change Takes Time

A first therapy session can be an important beginning. But for many people, developing trust, exploring difficult experiences and strengthening strategies for navigating life's challenges takes time.

CCL's model creates the opportunity for that time.

Clients can build a consistent therapeutic relationship with the same therapist over an extended period rather than having access defined by a small, predetermined number of appointments.

Twenty-five sessions are more than twenty-five appointments. They represent a relationship built over time — the trust, consistency and connection that create the opportunity for meaningful and lasting change.



IN 2025, 58 CLIENTS RECEIVED 25 OR MORE THERAPY SESSIONS - A POWERFUL REFLECTION OF THE CONTINUITY OF CARE CCL'S MODEL MAKES POSSIBLE.

Consistent support creates the opportunity for meaningful change.

Behind Every Number is a Person

"But look at what therapy has taught me! Confidence to drive. Confidence to get a new job. Now I have the confidence to socially engage and have an active social life." D. H.

"The difference this made in my life is immeasurable. It didn't solve my problems overnight, but it gave me the tools to face them. It taught me how to set boundaries, how to speak my truth, and perhaps most importantly, how to treat myself with the same kindness I offer others." D.C.

Statistics tell us how many people CCL reached. The experiences of the people we serve tell us why that access matters, because behind every number is a person, a relationship, and the possibility of meaningful change.

A client receives accessible mental health therapy today.

A future therapist develops the skills and experience to support clients for years to come.

IMPACT 03 — EDUCATION

The Ripple Effect of Education

CCL's impact does not end when a therapy session concludes.

Graduate-level therapist interns come to CCL to translate academic learning into clinical practice. Through direct client relationships, professional supervision and ongoing education, interns develop the knowledge, judgment and experience for their future careers.

During a typical eight-month internship, a CCL therapist intern receives approximately:

100 HRS OF INDIVIDUAL, DYADIC AND GROUP SUPERVISION *and completes a minimum of*

125 HRS OF DIRECT CLIENT CONTACT.

For subsequent internships, the minimum direct client-contact requirement increases to **150 hours**.

2025 EDUCATION IMPACT: Learning That Continues

4 **educational institutions represented**

17 **interns began a CCL internship**

94% **completion rate**

6 **interns returned for an additional CCL internship**

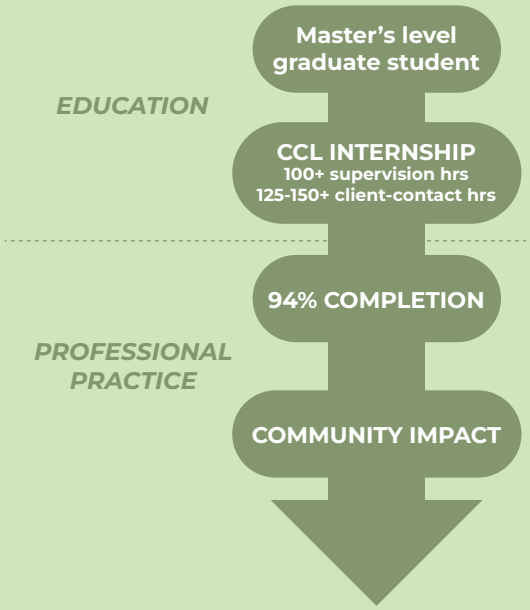
"Let me tell you why I chose Community Counselling London for my internship. This centre is known to be one of the best places to learn how to be a therapist. I cannot say enough about the quality of instruction and training. I want to become an excellent therapist, and CCL is helping me get there." Intern

Since 2019

73 **new therapist interns**

14 **returned for more than one internship**

94% **overall completion rate**



FROM INTERN TO THERAPIST: THE RIPPLE COMES FULL CIRCLE

7

MEMBERS OF CCL'S 2025 INTERN COHORT HAVE BECOME CCL ASSOCIATE THERAPISTS

As Associate Therapists, former interns continue supporting clients in our community, turning CCL's investment in clinical education into additional mental health capacity.

16

CCL INTERNS HAVE BECOME CCL ASSOCIATE THERAPISTS SINCE INCEPTION

278

THERAPY SESSIONS SUPPORTED BY CCL ASSOCIATE THERAPISTS IN 2025

ONE MODEL
Multiplying Impact

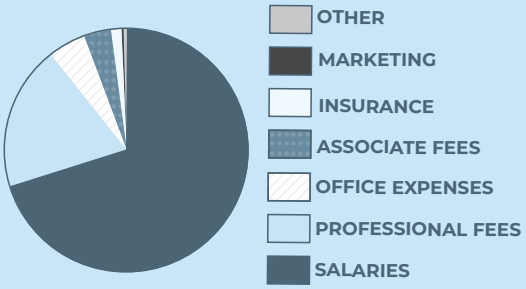
Four Institutions. One Learning Community.

In 2025, graduate-level therapist interns from four educational institutions brought diverse learning and perspectives to CCL, while gaining supervised clinical experience serving our community.

STEWARDSHIP
Turning Resources Into Impact

2025 Revenue	$257,907
2025 Expenses	$243,752
Excess of Revenue Over Expenses	$14,155

How Resources Were Invested



Where Our Support Came From

Every therapy session, internship, supervision hour and community connection is made possible through the generosity of donors, philanthropists, foundations, partners and supporters who share our belief that mental health begins with access and that financial circumstances should never determine someone's ability to access mental health therapy.

IMPACT IS BUILT TOGETHER

CCL's impact is possible because people and organizations choose to invest in accessible mental health therapy and the education of future therapists.

- Donors and funders who make access possible.
- Community organizations that connect people with support.
- Clients who place their trust in us.
- Educational institutions that partner with us.
- Interns committed to learning.
- Therapists and supervisors who share their expertise.

It takes a community to make support accessible.

The Impact Continues

Every number in this report begins with a person.

A client seeking support, an intern developing their skills, a supervisor sharing their expertise, and a supporter making access possible.

Together, these contributions extend CCL's impact well beyond 2025.

Access becomes continuity.
Continuity creates opportunity.
Education builds capacity.
And capacity strengthens community.

Our size doesn't define our impact.

Every client who gains access to therapy, every intern who develops into a therapist, and every professional who carries that learning forward extends CCL's impact — reaching more people, strengthening communities and creating opportunities for meaningful change for years to come.

Mental Health Begins with Access.

We believe mental health begins with access, hope grows through compassionate therapy, and stronger communities are built by investing in both the people we serve and the professionals who will serve future generations.

COMMUNITY COUNSELLING LONDON

Expand Access. Expand Hope.

Community Counselling London

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